



## **REDEEMER LUTHERAN SCHOOL ATHLETICS HANDBOOK**

*“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we are imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control lest after preaching to others I myself should be disqualified.”*

*~ 1 Corinthians 9: 24-27 ~*

Redeemer Lutheran School offers an after school athletic program that is designed to be an extension of the classroom. We want to contribute to the overall development of our students and one of the ways we accomplish this is through our school athletic program.

Our school participates in the Southwest Christian Athletic League (SWCAC) which is made up of several Christian schools in the greater Pittsburgh area, and WPIAL (Western Pennsylvania Interscholastic Athletic League), WPIBL (Western Pennsylvania Interscholastic Bowling League).

The athletic program gives students an opportunity to participate in a high quality program that provides its students with an opportunity to grow and to be part of a group working towards a common goal.

### **STUDENT QUALIFICATIONS**

To participate in the after school sports program, the student must meet the following criteria:

1. Parent's permission to participate
2. A **commitment** to attend **all** after school practices and games - unless ill.
3. Submit the required fees as stated by the athletic department which includes the mandatory participation fee. Fees will be non-refundable after the first week of practice.
4. Adhere to team guidelines, as set forth by the Administration and Coaches.
5. Be in agreement with the school's objectives.
6. Have a physical, and be in good condition. Must sign a medical form before each season.

### **SPORTS PROGRAM OBJECTIVES**

#### **PURPOSE:**

1. To provide a positive experience and competitive environment of athletic participation.
2. To allow students to learn how to demonstrate Christ-like attributes and attitudes in organized sports.
3. To provide a unique opportunity for teachers and coaches to interact with students beyond the classroom.
4. To give experiences not otherwise provided in the academic curriculum that will help the student's spiritual, mental, emotional and social areas of their lives.
5. To create an interscholastic athletic program that exists for the development of student athletes, Christian values and team unity.
6. To provide a program that prepares and develops student athletes for the middle school and high school levels.

## PLAN:

1. To provide an extension of learning from the classroom to the locker room.
2. To supplement or reinforce academic curriculum with integration of fitness, teamwork, fellowship, self-discipline and self-control.
3. To encourage students to demonstrate values communicated to them in order to experience positive results.
4. To demonstrate that through hard work, self-sacrifice and teamwork, the ultimate goal is to glorify God in all that we accomplish.

## DOCUMENTATION:

All participants must have a registration / consent form with a signature from a parent or legal guardian.

## PLAN for SUCCESS:

### A. Physical Exercise

1. Conditioning: stretching / running
2. Skill Drills: agility / various fundamentals
3. Team Drills: offense / defense / scrimmage

### B. Mental Exercise

1. Playbook: study and diagram offense / defense
2. Meetings: review and discuss accountability
3. Learning: team discipline

### C. Spiritual

1. Prayer: before and after practice
2. Scripture: integration / biblical examples
3. Fellowship: interaction between teams
4. Encouragement: sportsmanship / attitudes

## GRADES:

1. All participants must maintain at least a 2.0 GPA or better, with **no failing grades**.
2. Players not meeting academic requirements will be temporarily suspended from participating in games until their academic standing improves. Grades will be assessed from Thursday to Thursday. Students who are academically ineligible will play Thursday, but then sit out from Friday through Wednesday of the following week. If their academic standing has improved and they are eligible by Thursday morning, they may play that day.
3. The athletic department will randomly check grades.

## CONDUCT:

1. Any player receiving an unsatisfactory conduct report during school hours, or during a game or practice, will be subject to suspension or dismissal from the team pending a review by the school administrator, coach and teacher.
2. Any poor sportsmanship displayed on or off the field/court will not be tolerated. Student athletes are representing the Lord, Redeemer Lutheran School, and their families. We are not looking for perfection, but rather those who are seeking to demonstrate the love of Christ.
3. Players are expected to play hard, practice hard and be **Committed to Excellence!**

4. Profanity, taunting and negative criticism toward other team members and competitors will not be tolerated. Students will be suspended from 1 game for the first offense, 1 week for the second offense, and permanently for a third offense.

### **ATTENDANCE:**

1. Players must report on time to practices and games, dressed to play.
2. Illness and injury are the only excuse for being absent. If a player is absent for any other reason, they will lose playing time, which is up to the discretion of the coach and/or Athletic Director/Administration.
3. Players absent from school may not participate in practice or a game.

### **PARTICIPATION:**

1. The coach will decide the playing time for each player.
2. Playing time will be based on hard work, skill, and commitment to team guidelines and objectives.
3. There is no mandatory play rule; however, we strive to teach the game to all players, not a select few.

### **DRESS:**

1. All players must wear the appropriate practice attire. This includes following the school dress code rules.
2. All sweatbands, head bands, must be authorized by the coach.
3. No jewelry is permitted during practice or competitive play.

### **UNIFORMS:**

Uniforms will be provided for students participating in the sports programs, exceptions such as socks and shorts may be required to be purchased by the family.

### **FEES:**

Depending on the sport, an athletic fee of between \$40 - \$60 dollars will be assessed for each player, for each sport. These fees will help to offset the costs of uniforms, transportation, and referees. In addition, there will be a few fundraisers throughout the school year that athletes and their families will be required to participate in.

### **EXPECTATIONS:**

High school and middle school games begin with prayer and/or the National Anthem. Coaches and athletes are expected to respect and honor both by standing, bowing their heads for prayer, and looking at the American flag for the Anthem.

Athletes are expected to assist in clean-up after games whether they are at home or away as servants to others.

Athletes are expected to support and encourage other RLS teams they are traveling with.

Athletes will be expected to turn in their phones prior to leaving RLS - they will be safely kept by the driver or coach until the end of the game when they will be returned.

Athletes will be expected to demonstrate safe choices and actions; wearing seatbelts, adhering to driver's rules and caring for their property.

Athletes are expected to do their best honoring the Lord, representing RLS and their own families.

We look forward to working with our athletes and our sports teams to provide a program that will strengthen physical, spiritual, emotional and social skills. You are a RAM!

## REDEEMER LUTHERAN SCHOOL CONCUSSION PROTOCOL

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

You should also inform your child's coach if you think that your child may have a concussion. **Remember** it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/youthsports/index.html>

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and in most sports, concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<b>Symptoms may include one or more of the following:</b>
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<ul style="list-style-type: none"> <li>● Headaches</li> <li>● “Pressure in head”</li> <li>● Nausea or vomiting</li> <li>● Neck pain</li> <li>● Balance problems or dizziness</li> <li>● Blurred, double, or fuzzy vision</li> <li>● Sensitivity to light or noise</li> <li>● Feeling sluggish or slowed down</li> <li>● Feeling foggy or groggy</li> <li>● Drowsiness</li> <li>● Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>Amnesia</li> <li>“Don’t feel right”</li> <li>Fatigue or low energy</li> <li>Sadness</li> <li>Nervousness or anxiety</li> <li>Irritability</li> <li>More-emotional</li> <li>Confusion</li> <li>Concentration or memory problems (forgetting game plays)</li> <li>Repeating the same question/comment</li> </ul>
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<p><b>Signs observed by teammates, parents and coaches include:</b></p> <ul style="list-style-type: none"> <li>● Appears dazed</li> <li>● Vacant facial expression</li> <li>● Confused about assignment</li> <li>● Forgets plays</li> <li>● Is unsure of game, score, or opponent</li> <li>● Moves clumsily or displays incoordination</li> <li>● Answers slowly</li> <li>● Slurred speech</li> <li>● Shows behavior or personality changes</li> <li>● Can’t recall events prior to hit</li> <li>● Can’t recall events after hit</li> <li>● Seizures or convulsions</li> <li>● Any change in typical behavior or personality</li> <li>● Loses consciousness</li> </ul>
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**Concussion Signature Page**

After reading and reviewing concussion information, **sign and return** this page to the office.

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date